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London's real estate market remains solid

Amid a gloomy national forecast, the city posts a spike in home sales PAGE 2

Song of summer smackdown

Is it Blurred Lines, Get Lucky or We Can't Stop? Or none of the above? Metro rounds up the hottest contenders on the pop charts PAGE 8

Bad influence

As Breaking Bad wraps up its final season, star Bryan Cranston muses on what role comes next after Walter White. Hint: It could just be another evil bald guy PAGE 8

100-watt Watson

London's Spencer Watson lives up to his reputation as a clutch player, leading the Canadian juniors to a gold medal in Slovakia PAGE 13

NEWS WORTH SHARING.

London's Damian Warner puts Canada on the podium on Sunday at the World Athletics Championships in Moscow, earning a bronze medal in the men's decathlon.

SEE STORY ON PAGE 13

World Class!

DAVID J. PHILLIP/THE ASSOCIATED PRESS

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NEWS

Badminton in the park

Yamato Fujioka, 13, puts all his might into a badminton game Sunday in Gibbons Park. Fujioka, who's from Yamaguchi, Japan, is spending a month in London as part of an international exchange program. He and other program participants, all staying with individual host families, got together in the park for a picnic Sunday afternoon.

ANGELA MULLINS/METRO

No doom and gloom here: Realtor group president

National outlook. Local numbers looking good as nation sits on housing 'death watch'

The London real estate market is solid, even as warnings of doom and gloom cloud the national forecast, says the president of the London St. Thomas Association of Realtors.

Doug Pedlar was responding to recent warnings that the country's real-estate industry as a whole has dramatically softened and that sales will soon bottom out.

Statistics Canada reported contractors nationwide took out building permits worth $6.6 billion in June, down 10.3 per cent from May and the first decrease in six months.

However, it also reported the London-St.Thomas area was among the nation's leaders with a seasonally adjusted 58.6 per cent spike in the value of permits between May and June.

The year-over-year hike is also robust.

In June 2012, the value of building permits was $111.9 million, while in June 2013, that number increased by 19.1 per cent to $133.3 million.

Quoted

"The first four or five months were not really encouraging, but, boy, June and July have definitely picked right up."

Doug Pedlar, president of the London St. Thomas Association of Realtors

Housing starts in July were also up slightly year over year.

Pedlar said London homes are affordable for most people and therefore resistant to the roller coaster of booms and busts larger cities experience.

"When you look at the housing market in London," he said, "we have some of the lowest prices in the country.

"The price of an average London house could nearly double and still not equal what a house in Vancouver goes for. It's very affordable compared to anywhere else in Canada."

The number of sales in the first four months of this year in London caused Pedlar some concern because they lagged far behind last year's totals. But, once the cool, wet weather that plagued the city through most of May brightened, sales picked up again.

"The market is usually good in the early spring and this year it was just kind of dead," he said. "The first four or five months were not really encouraging, but, boy, June and July have definitely picked right up." He expects year-end sales totals to be nearly even with those of 2012. SCOTT TAYLOR/METRO

Boom or bust?

- At the national level, the housing market is sending out mixed messages, experts say.
- Research conducted by RealNet Canada, for example, found that in some of the bigger markets — Toronto, Vancouver and Calgary — residential land investments for future home building has already crashed through the floor, plunging 51, 52 and 30 per cent respectively.
- On the other hand, a new temperature reading from the Canadian Real Estate Association (CREA) being released on Thursday is likely to show that home sales are doing just dandy and likely rose significantly in July, along with average home prices.

New openings. Citi Plaza company expanding, holding a career fair

The new head of the London Economic Development Corp. has only just taken up his post but already he has good news to celebrate.

Interim general manager Kapil Lakhotia says Alliance iCommunications plans to hire 85 new staff in London immediately.

Of the total, 50 employees are needed for a new "inbound customer service program" slated to start at the beginning of September.

"These new positions will be a valuable addition to London's contact centre and communication technologies cluster," Lakhotia said. This company is providing much needed employment opportunities and the skills acquired have great relevance to many of our growing sectors."

Alliance iCommunications runs a contact centre which handles telephone, online and combined services. It opened its Canadian head office in 1996 at Citi Plaza, with six staff, and now has more than 350 employed in London and South Bend, Ind.

Alliance will have a career fair from 9 a.m. to 7 p.m. Thursday at Citi Plaza.

MIKE DONACHIE/METRO

On the web

For more local news, go to metronews.ca

London area

Unemployment takes a dip

There has been another drop in the unemployment rate for the London area.

The July report from Statistics Canada shows the rate as 8.5 per cent, down from 9.2 in June.

It's the latest in a series of steady declines for the area.

METRO

Identified. Police try to contact family of man found dead in the Thames

Police were still trying Sunday to contact the family of a man found dead in the Thames River in SoHo.

Officers identified the man after a public appeal but have not released his name, age or said where he lived, pending notification of his family. The cause of death also has not been released.

A member of the public called 911 about 10 a.m. Friday after seeing the body in the water near Richmond and Grey streets. Police entered the water in a rescue attempt but said the man was dead before he was pulled to shore.

METRO

This land is our land.
Liberal MPP to tackle Great Lakes beach rights

Tired of your Great Lakes beach stroll being cut short by "no trespassing" signs?

A Liberal MPP from Niagara Falls is trying to address the issue.

Kim Craitor plans to launch a private member's bill in the fall that, in basic terms, says the public should be able to walk along the shorelines of the Great Lakes even where the paths are in front of or behind private homes.

Dubbed the Great Lakes Shoreline Right of Passage Act, the legislation counts a coalition of citizens' groups as backers. Key among them is the Ontario Shorewalk Association, based in the Fort Erie area.

"A lot of these houses with fences and signs are large, palatial properties. The owners argue they pay high taxes which goes to the town's coffers so they should be allowed to put up the fences," says Garry Skerrett, founding president of the Shorewalk Association. "My argument is when you look at the Atlantic shore, places like Florida, you have houses with beaches behind them, but no matter what, when you get to the beach, it's public."

Aside from signs and fences, some beachfront property owners have resorted to paying for security guards to stop people from walking along the shore close to their homes, one proponent of the legislation says. TORSTAR NEWS SERVICE

Ya gotta set boundaries

Proponents of signs and fences marking portions of Great Lakes beaches as private property have argued that the Ontario's Boundaries Act gives beachfront homeowners the legal right to extend their properties to the shoreline.

Public health

Bird tests positive for West Nile

A dead bird found in Parkhill has tested positive for West Nile virus, about 10 days after two other infected birds were found in London and Dorchester, according to the Middlesex-London Health Unit.

The finding has prompted the health unit to increase its surveillance and control efforts in the North Middlesex community.

There have been no reports of humans contracting West Nile this summer. SCOTT TAYLOR/METRO

Have info? Call police

Paintball break-in nets charges

One adult and two minors are facing criminal charges after a July 19 break-in at Adrenaline PaintBall (1350 Trafalgar St.).

Police say several paintball and Airsoft guns were stolen. Some of them have been recovered, but many are still missing.

The adult and one of the youths has been charged with break-and-enter and trafficking in stolen property. The other minor has been charged with breaking in. SCOTT TAYLOR/METRO

6-year-old not injured

Mother charged with leaving child in car

A woman has been charged after allegedly leaving a six-year-old child alone in a vehicle parked outside a London store, police say.

The child's mother, who is 37, was charged with abandoning the child, or leaving them exposed, outside "a large retail store."

Officers received a 911 call at about 12:40 p.m. Thursday and responded to the scene. The child did not require medical attention. MIKE DONACHIE/METRO

Thrown from vehicle

Pair dies in crash

Two people were killed early Sunday after an SUV left the road and hit a tree near London. OPP say speed was a factor in the crash, and that the victims were not wearing seatbelts. The man and woman were ejected from the vehicle.

In a separate incident, police say a woman was taken to hospital Friday after being rescued from a vehicle that crashed on Medway Road between Adelaide and Highbury. METRO, WITH FILES FROM THE CANADIAN PRESS

Actors Adrienne Masseo, left, and Megan Schroder are pictured with director Darryl Calcott at the Black Walnut Café in Wortley Village. The café is one of the filming locations for the movie Liminality. MIKE DONACHIE/METRO

Ready. Set. Roll 'em

The big picture.
London's feature film good to go

MIKE DONACHIE
mike.donachie@metronews.ca

The Forest City is about to become the equivalent of a Hollywood soundstage.

After a more-than-successful Indiegogo fundraising campaign ended Friday, the movie Liminality has the money it needs to get rolling.

The comedic drama about the lives and relationships of nine 25-year-olds was co-written by director and producer Darryl Callcott.

"It's very exciting," Callcott said as the appeal drew to a close. "Next we're finishing up pre-production, finding a few locations and working with the cast, then we just get started rolling.

"I'm really looking forward to working with the cast and crew. We've got about three dozen actors altogether and about 20 crew so it's a pretty big project."

That project's size was boosted by the rewards offered to funders.

Five people paid $250 each to buy walk-on roles in the film, while two paid $500 each to be associate producers and one became executive producer after shelling out $1,000.

Also celebrating the funding success, which beat the $5,000 target by $330, were actors Adrienne Masseo and Megan Schroder.

"I've done a lot of musical theatre in London, and this is my first chance to do something onscreen," Schroder said. "I'm really excited."

Masseo added: "I've worked with Darryl on a few short films for the Fringe festivals in the past, but this is the first feature-length so I've been looking forward to it for a long time."

The shooting schedule

Liminality will be filmed over four weekends starting Aug. 24.

- Locations are spread across the city and include the Black Walnut Café on Wortley Road, the Coat of Arms pub on Talbot Street and at various houses and apartments.

A taste of Broadway coming to the Bud

Actors Rob Reiner and Sally Struthers accept the Innovator Award for All In The Family in 2003. GETTY IMAGES FILE

Londoners won't have to go to New York or Toronto this year to see their favourite Broadway productions.

Instead, award-winning shows like Hello Dolly!, starring Sally Struthers, will be hitting the stage at Budweiser Gardens.

The 2013-14 season of Broadway in London kicks off Nov. 5 with Struthers' performance as New York matchmaker Dolly Levi.

Shows continue through spring, including Stomp (Jan. 11), Chicago the Musical (Feb. 10), Green Day's American Idiot (March 3), Disney's Beauty and the Beast (April 2) and The Midtown Men (April 23).

Tickets are available individually or in group packages. Tickets for all six shows range from $295 to $355.

For details, call 519-432-8894 or visit BroadwayInLondon.com. HALEY RITCHIE/FOR METRO

NSA scandal

Father set to visit Snowden in exile

The father of National Security Agency leaker Edward Snowden has secured documents to visit his son in Russia and plans to discuss how he could fight espionage charges, Lon Snowden said Sunday.

The elder Snowden isn't convinced his son would get a fair hearing in court, given politicians' "irresponsible" descriptions of his son's act. THE ASSOCIATED PRESS

Lon Snowden, father of Edward
ROSSIYA 24 VIA APTN/THE ASSOCIATED PRESS

Outrage on both sides

Israel, Palestinians apparently trade homes for prisoners

Israel approved building nearly 1,200 more settlement homes Sunday and agreed to release 26 long-held Palestinian security prisoners — highlighting an apparent settlements-for-prisoners trade-off that got both sides back to peace talks after a five-year freeze.

Yet concerns were mounting, especially among Palestinians, that the price is too steep. Sunday's announcement was Israel's third in a week on promoting Jewish settlements on war-won lands the Palestinians want for a state.

In Israel, the most vocal protests came from relatives of those killed in attacks carried out by Palestinians slated for release.

Palestinian prisoners are seen in their communities as heroes who made sacrifices for independence. Many Israelis view those involved in killings as cold-blooded terrorists. THE ASSOCIATED PRESS

Pakistan

Eight dead from toxic liquor: Police

Pakistani police say at least eight people in the port city of Karachi have died after consuming homemade liquor.

Police officer Mohammad Sarwar said Sunday that 14 people from Christian-dominated slums in the city, Pakistan's largest, were hospitalized after drinking toxic liquor late Saturday night.

He said eight died and six others are being treated.

Sarwar said police have arrested two people for allegedly selling the toxic liquor and looking for those who distilled it illegally. He said the two suspects and all the victims were Christians.

Liquor poisoning is common in Pakistan, where the Muslim majority is forbidden to consume or sell alcohol. Non-Muslims can drink, but many poor buy the cheapest homemade liquor, which is often adulterated. THE ASSOCIATED PRESS

Two young boys laid to rest after being killed by python

Mandy Trecartin, back left, and Andrew Barthe follow the casket at the funeral for their sons Noah and Connor Barthe at St. Thomas Aquinas Roman Catholic Church in Campbellton, N.B., on Saturday. The two young boys were killed by a python while they slept in an apartment above an exotic pet store earlier in the week. ANDREW VAUGHAN/THE CANADIAN PRESS

Abductor and teen stood out in wild: Rider

Suspect shot dead. Girl said to be in pyjamas, found unharmed after mother, brother killed

The four horseback riders who encountered a California teen and her abductor said Sunday that they decided to contact police because the pair seemed out of place and ill-equipped for the Idaho wilderness.

Mark John said the man, who he later identified as the wanted James Lee DiMaggio, 40, wasn't friendly and carried only a light pack. The girl, 16-year-old Hannah Anderson, was wearing pyjamas or sweatpants.

DiMaggio was killed by authorities Saturday. He is suspected of killing Anderson's mother and brother and abducting the teenager.

FBI agents are processing evidence at the campsite in central Idaho's Frank Church River of No Return Wilderness. Details about the operation that ended in Anderson's rescue are being released slowly.

The mountainous area is extremely steep, and the closest point where the helicopters could drop the FBI Hostage Rescue Team was more than a two-hour hike away. The agents crept close to the camp, waited until DiMaggio and Hannah separated, and then moved in.

The FBI won't release details about what happened until an investigation is complete.

The case began when the charred bodies of Hannah's mother, Christina Anderson, 44, and the teen's eight-year-old brother, Ethan Anderson, were found on Aug. 4 in DiMaggio's burning house outside San Diego, near the Mexico border.

DiMaggio was close to the family. Christina Anderson's husband, Brett Anderson, has described him as a best friend and said the children thought of him as an uncle. THE ASSOCIATED PRESS

James Lee DiMaggio, 40, left, was suspected of abducting family friend Hannah Anderson, 16. SAN DIEGO SHERIFF'S DEPARTMENT/THE ASSOCIATED PRESS FILE

Philippine former slave Estelita Dy speaks alongside supporters in Tokyo.
SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Former sex slaves cry out for recognition

A tearful Philippine woman recounted Sunday how she was kidnapped by Japanese troops during the Second World War and forced into sex slavery, as she and her supporters gathered to demand Japan do more to bring justice to former "comfort women."

Estelita Dy, 83, and her supporters met in Tokyo as part of events to commemorate the day the first victim of Japanese sex slavery came forward on Aug. 14, 1991.

Rights groups are trying to gain international support to have Aug. 14 become a UN-recognized memorial day as a way to pressure Japan to take more responsibility.

Prime Minister Shinzo Abe has backpedalled from Tokyo's past apologies, saying there's no proof Japan's wartime government forced women into prostitution.

At Sunday's meeting, Dy's supporters criticized Abe's government for rejecting a UN human-rights panel's recommendations earlier this year that urged Japan to better educate the public and take steps to bring justice for the victims.

In a tearful speech, Dy said she was kidnapped by soldiers when she went to market to sell vegetables, when she was 14. Dy was repeatedly raped for three weeks until American troops rescued her.

Historians say there were up to 200,000 sex slaves from across Asia. THE ASSOCIATED PRESS

Hannah Gastonguay, holding her baby Rahab, is followed by her husband Sean and the couple's three-year-old daughter Ardith, as they disembark in the port city of San Antonio, Chile, on Friday. The northern Arizona family was lost at sea for weeks in an ill-fated attempt to leave the U.S. over what they consider government interference in religion. LAS ULTIMAS NOTICIAS/THE ASSOCIATED PRESS

Family quits U.S., gets lost at sea

Rescued after adrift for weeks. Arizona clan says it tried to abandon the States over government interference in religion

A northern Arizona family has survived being lost at sea for weeks after an ill-fated attempt to leave the U.S. over what they consider government interference in religion.

Hannah Gastonguay and her family will fly back home Sunday after taking their two small children and her father-in-law and setting sail from San Diego for the tiny Pacific island nation of Kiribati in May.

Weeks into their journey, the Gastonguays hit a series of storms that damaged their small boat, leaving them adrift for weeks, unable to make progress. They were eventually picked up by a Venezuelan fishing vessel, transferred to a Japanese cargo ship and taken to Chile.

Their flights home were arranged by U.S. Embassy officials, Gastonguay said. The U.S. State Department declined to comment on Sunday.

The months-long journey has been "pretty exciting" and a "little scary at certain points," Gastonguay told The Associated Press by telephone.

The 26-year-old mother said they wanted to go to Kiribati because "we didn't want to go anywhere big." She said they understood the island to be "one of the least developed countries in the world."

Kiribati is a group of islands just off the equator and the international date line about halfway between Hawaii and Australia. The total population is just over 100,000 people of primarily Micronesian descent.

Hannah Gastonguay said her family was fed up with government control in the U.S. As Christians they don't believe in "abortion, homosexuality, in the state-controlled church," she said.

THE ASSOCIATED PRESS

Lacked the skills to pull off plan

"They were looking for a kind of adventure. They wanted to live on a Polynesian island but they didn't have sufficient expertise to navigate adequately."

Police prefect Jose Luis Lopez, who took the family's statement in San Antonio, told the Chilean newspaper Las Ultimas Noticias.

Pilot dies in hot air balloon accident in Quebec

An international hot air balloon festival took a tragic turn on Sunday when a 26-year-old pilot died southeast of Montreal.

Maxime Trepanier had been taking part in the festivities at the 30th edition of a popular festival in St-Jean-sur-Richelieu.

Marie-Claude Beauvais, a festival spokeswoman, said the accident happened in nearby Mont-Saint-Grégoire, perhaps while the hot air balloon was landing.

Beauvais said Trepanier was an experienced pilot and had been involved with the festival since he was a boy.

"He was very close to the festival family," said Beauvais, visibly shaken as she addressed reporters on Sunday.

Trepanier's father was also a festival pilot.

Investigators were on the scene trying to determine what caused the accident, which happened at 7:30 in the morning, said Quebec provincial police Sgt. Audrey-Anne Bilodeau.

The festival began on Saturday and runs until Aug. 18.

Beauvais said events would continue through the week but hot air balloons would remain grounded on Sunday night in tribute to Trepanier.

According to its website, the International Balloon Festival of Saint-Jean-sur-Richelieu is "the biggest gathering of balloons in Canada," drawing 450,000 visitors a year.

The Transportation Safety says it's sending investigators to look into the accident.

THE CANADIAN PRESS

Toronto's mayor. 'I had a couple beers,' video blown out of proportion: Ford

Toronto Mayor Rob Ford said he had a couple of beers at a street festival Friday night but contended videos that have sparked a torrent of criticism are being blown out of proportion.

"I drove myself down there, I was not drinking. I went out, had a few beers and I did not drive home. My people met me after that," Ford told his weekly radio show on NewsTalk 1010.

Three videos posted online Friday show the mayor apparently enjoying a night on the town and bantering with residents.

Many people took to Twitter in response to the video posting to criticize and ridicule the mayor, accusing him of being drunk and scolding his behaviour.

"Yet another public shame from our mayor," one person posted on Twitter.

But Ford says he doesn't think he did anything that would offend anyone.

"Did I have a couple beers? Absolutely I had a couple beers," Ford said.

"I had a good time, I let my hair down."

His brother, Coun. Doug Ford, suggested on the same radio show that his brother did not have too much to drink.

"You seemed all right," Doug Ford said.

Mayor Ford's behaviour has attracted international attention since news reports surfaced this year of an alleged video that appeared to show him smoking crack cocaine. THE CANADIAN PRESS

The mayor poses with Jaime Castillo on Friday at Taste of the Danforth. Videos and photos online are raising questions about Ford's behaviour. COURTESY JAIME CASTILLO

No hippies allowed? B.C. government closes park over 'rainbow gathering'

Hundreds of campers who had planned to live off the land for a month in a northern Vancouver Island provincial park are being forced to go elsewhere.

The B.C. government shut down Raft Cove Provincial Park, about 130 kilometres west of Port McNeill.

The closure on Saturday came after locals raised concerns that a mass gathering of participants of the so-called Rainbow World Gathering of Tribes would wreak havoc.

"The closure was prompted over specific concerns that an increase in the number of visitors unprepared for such a remote and rugged location would significantly increase the risk to public health and safety, the protection of the natural environment and the preservation of park values," BC Parks said in a written statement.

THE CANADIAN PRESS

Tight quarters

"This is a place where, when there are 30 people there on a weekend, it feels crowded."

Terry Ruth Eissfeldt, who created a Facebook page last week to oppose the gathering and said nearly two thousand people were expected for the 'rainbow gathering.'

Consumer protection.
Learning to avoid moving company nightmares

Waiting three hours for movers, Liz Andrew had an inkling her move might not go smoothly. The move at the end of July — from her midtown Toronto basement apartment to a storage facility — began after two movers showed up. Andrew said they demanded a payment up front, and once they arrived at the facility the price jumped about $150 above the original quote.

Minutes before the gates closed for the night, she said, the movers "slipped out," leaving her belongings stranded outside her storage unit.

"I just feel like I was screwed ... I don't want other people to be," said Andrew, 51, who has complained to the Better Business Bureau and posted a warning on Kijiji, where she found the company.

A representative for the company, who would only give her name as Jasmin, said it's had many positive reviews. The price went up to include tax and additional time, she said, and the workers left because they felt "harassed" and that they wouldn't be paid for extra time. Andrew, however, said she'd already paid for more time than was worked.

To avoid similar disputes, scams or other moving-day headaches during the summer moving season and upcoming dorm move-ins, experts advise doing thorough research before hiring movers.

TORSTAR NEWS SERVICE

Moving survival tips

- **Referrals, references and research:** The best way to start a search for a moving company is to ask friends for recent referrals, said Sandra Bento, a spokeswoman for Ontario's Ministry of Consumer Services.
- **Get an in-person quote and put it on paper:** It's impossible to get an accurate estimate over the phone or email, said Brian Sharwood, president of HomeStars.com review website, because movers need to assess belongings, stairs and all factors that could change a move.
- **When something goes wrong, complain:** Sharwood said people shouldn't be afraid to complain and write reviews.

A group of friends jokes around on their moving day in Montreal last month. THE CANADIAN PRESS FILE

It lifts and separates — and then lights up

Flash the boys.
California clothing-maker predicts that illuminated apparel, like this LED bra, will be the norm in a couple of years

KATHRYN GILBERT
Metro World News

After five-and-a-half years working in electronics for the U.S. Navy, Nick Kneuper went to a music festival and saw a piece of technology that caught his eye. And lo and behold, Electric Styles was born: an apparel brand that brightens your wares with electroluminescent wiring. The two-year-old Californian company lights up a variety of clothes, from bras to hoodies. Metro chatted to the ex-military man about his LED push-up bra, a $60-to-$70 US number powered by two AA batteries.

Why light up a bra?
Well, my girlfriend wore one to a club and the girls there went crazy over it.

Do you have any celebrity fans?
One of the top 20 most recognizable actresses in America is going to wear one of our bras in a 2014 feature film. But our clothes have been everywhere — (Brazilian actor) Rodrigo Santoro was wearing a light-up hoodie on MTV.

Which celebrity would you love to wear your bras?
All of them! But especially Megan Fox — I think she would love them.

Do you think one day people will wear light-up bras to the shops?
I think so. Culture is moving in the direction where light-up clothing is going to be every day. Also you can wear them under T-shirts so they shine through. Anyway, in a couple of years light-up clothing will be the norm.

Would you make matching underwear?
Every girl asks for that. It's difficult though because it's too flimsy — there's nowhere to put the battery pack.

A model flaunts an LED light-up bra made by California company Electric Styles. COURTESY ELECTRICSTYLES.COM

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New Orleans

Invasive tiger shrimp pose threat to native species and tasteful decor

Stuffed shrimp are decor rather than dinner for some of the folks who have caught the really big sort — invasive Asian tiger shrimp — in the Gulf of Mexico or along the East Coast.

Sometimes the shrimp become both food and a wall display. Joe Strange of Joe's Taxidermy in Houma, La., said he mounted three last year, dining on the meat he removed from the two smallest, about 18 and 25 centimetres long. "They were better tasting than our shrimp. I would trade them off for our shrimp anytime."

Scientists and others are worried that might happen, with possible devastating effects on native shrimp and the Gulf of Mexico's ecosystem. The invaders could gobble up the tiger's share of native shrimps' diet, not to mention crabs, snails, oysters and other bivalves, as well as the local shrimp themselves. In turn, that could affect the larger animals that eat those critters. THE ASSOCIATED PRESS

Outer space

Satellite maker puts work of art into orbit

If aliens ever target Earth, Jon Gibson and Amanda White are counting on them having a sense of humour and an appreciation for pop art.

The duo has created an elaborate, Andy Warhol-like design that has been etched onto the panel of a satellite, transforming the spacecraft into a replica of an oversized electrical charging device.

Craig Clark, who runs the Scotland-based company preparing to launch the satellite on Oct. 29, said that of the 1,000 or so functioning satellites that race around Earth every day, there isn't one he knows of that also doubles as art.

THE ASSOCIATED PRESS

Interplanetary relations

"Maybe this will make (aliens) stop for a moment and say, 'These guys are nice. We're not going to destroy their planet.'"

Artist Jon Gibson

LISTEN UP, COFFEE DRINKERS

URBAN COMPASS

Todd Devlin
london@metronews.ca

Somewhere along the way, I developed a habit.

As a writer, I'm a regular at coffee shops in the city. I go to do work, supposedly avoiding the distractions that come from working at home. Except there are still distractions if you're like me: a notorious eavesdropper.

I swear I don't do it on purpose, and I blame my journalism professors for teaching me to be a keen observer of my surroundings. I suppose I could wear earphones and drown out the world, but what fun would that be? I'm interested in people, and boy do they never cease to entertain.

Like the two female friends I once encountered who were catching up and reminiscing about their university days. The one friend was now engaged, which was exciting until she subtly admitted she didn't know what her fiancé did for a living. In a separate wedding conversation, I once heard the bride-to-be admit she didn't know all of her family members until it came time to mail out her wedding invitations.

And how about the gossip? Have you seen how fat Melissa is getting? Did you know Sarah might be bisexual? How can Megan afford to travel Europe? Her parents must be rich.

Of course, it's not all gossip and idle banter at the coffee shop.

On the contrary, there is real-life drama. Like the Alcoholics Anonymous meetings I've seen on more than one occasion. You'll seldom find a more genuine group of people at a coffee shop than an AA group. I've heard stories of helplessness and desperation, but also witnessed camaraderie and hope. I was left rooting for these complete strangers, hoping to heck things would turn out OK.

Relationships are often born at coffee shops. After all, what's a more common meeting place for a first date than the coffee shop?

Especially if it's a blind date, which are the most entertaining. I get nervous myself during those, as the strangers awkwardly play 20 questions. Some hit it off, some not so much. Some are there for hours, some for five minutes.

Not everyone at the coffee shop is with a friend or partner, of course. Some are alone. And, quite frankly, some appear quite lonely.

Like the woman in her 60s who struck up a conversation with me about nothing in particular. She soon turned to topics that strangers generally don't tell other strangers, like about her estranged son whom she hadn't spoken to in eight years. She missed him. I didn't have the answers to her problems, but I was happy to provide an ear. And I sensed that's all she wanted.

It's all happening down at your local coffee shop. Every day, lives are unfolding, and the colourful storylines are often far more interesting than anything you can see on "reality TV." Next time you're there, don't wake up and smell the coffee. Wake up and notice the people around you.

And hey, there's nothing wrong with a little eavesdropping.

Follow Todd Devlin on Twitter @UrbanCompassLdn

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

Ajoy Pinto CONTRIBUTED

A great loss for our Metro family

Ajoy Pinto was a beloved member of the Metro family for seven years.

Thousands of readers met him through his work in the marketing and promotions department. Ajoy personally contacted Club Metro contest winners from coast-to-coast and regularly attended Metro events.

We're grateful to have known such a passionate, gentle, funny and talented man.

His sense of humour and kindness will always be remembered.

Ajoy Leon Pinto
Born: April 22, 1977
Passed away: Aug. 9, 2013
Beloved son of Tony and Alphonsa.
Brother of Arjun and Lisa.
Marketing dude. Visual artist. Photog. Sports junkie. Early adopter. Foodie. Movie buff. Baseball fan.
In lieu of flowers, donations can be made to the Gerry & Nancy Pencer Brain Trust.
Visitation and funeral will be at a Toronto location this week.
"If the World were perfect, it wouldn't be."
– Yogi Berra

ZOOM

How do you pick where to picnic?

PETER KLAUNZER/KEYSTONE/THE ASSOCIATED PRESS

This piece is a little bit patchy

People picnic on a huge picnic blanket Sunday on the Ruggisberg near Roggwil, Switzerland. The picnic blanket is an art installation called Bignick by the artistic twin brothers Frank and Patrik Riklin.
GETTY IMAGES

Embedded in society

"It should be placed in the middle of society, not in the museum! The best pieces of art are not recognized as such."

Frank Riklin said on his website.
The duo began creating interventions in public spaces 10 years ago while they were both studying at art schools separately in Zurich and Berlin.

Playing jokes like when they were kids

Their projects often engage with people who become actors in a performance. Sometimes their works have social implications that are partly a gag, and part philanthropy.

One project is a shabby phone that the twins installed on the side of the town hall building in Chur, Switzerland, that functions to raise money for deaf people. The potential donor calls a number and establishes how much they would like to donate to the project. At that point the telephone set up in Chur rings, and any passerby who answers the call saves the donation from dropping. METRO

metro

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Find out why Robin Thicke and Icona Pop think their multiplatinum hits should be named "song of the summer." And for Miley Cyrus, Daft Punk and Bruno Mars, who weren't available to chat, here are some lyrics from their anthems to defend their honour.

THE ASSOCIATED PRESS

5 song of summer contenders

You know you want it

Blurred Lines: Robin Thicke, featuring T.I. and Pharrell
"It has a (nice) tempo, it has a sense of humour and it feels like live music instead of that synth and digital sound, which Daft Punk has (with Get Lucky) and (Bruno Mars') Treasure has," Thicke said of his infectious, naughty jam, the longest-running song on the Billboard Hot 100 chart this year at eight weeks (and counting).

Can't stop, won't stop

We Can't Stop: Miley Cyrus
"It's our party we can do what we want to, it's our house we can love who we want to, it's our song we can sing if we want to, it's my mouth I can say what I want to," Cyrus sings on her musical coming-out anthem that was originally meant for Rihanna. She's ready for the spotlight.

Call it luck

Get Lucky: Daft Punk, featuring Pharrell
"We've come too far to give up who we are, so let's raise the bar and our cups to the stars," Pharrell sings on a disco-flavoured beat that heals the soul. "The present has no ribbon, your gift keeps on giving, what is this I'm feeling, if you wanna leave I'm with it."
Sounds like a plan!

A 2012 song dominates in 2013

I Love It: Icona Pop, featuring Charli XCX
"People get wild when they hear it and it's like liberating and everybody can sing along to it. It's a party song or it's at least a song you can party to even though the message is coming out from a really hard heartbreak," said Caroline Hjelt of the Swedish duo. "If you're in the car on your way to something or festivals or pre-parties or out at the club, it works in so many ways."

Golden hit from pop's golden boy

Treasure: Bruno Mars
"Pretty girl, pretty girl, pretty girl, you should be smiling; a girl like you should never look so blue," Mars sings in a matter-of-fact manner over a welcoming beat on his 11th top 10 hit. "You're everything I see in my dreams, I wouldn't say that to you if it wasn't true."
How sweet.

Bryan Cranston the next Lex Luthor?

Breaking Bad again. Actor's bald look from his career-defining TV role makes him a top pick for the villain in Superman flick

NED EHRBAR
Metro World News in Hollywood

Casting rumours for the Man of Steel sequel have ramped up online, with speculation swirling about who will play Batman and main Superman villain Lex Luthor. Given his career-defining run as the good man gone bad — with a shaved head — on Breaking Bad, it's no surprise that Bryan Cranston is the name popping up. So how does Cranston feel about it?

"Give me a call," he says with a grin. And to hear Cranston tell it, he's already given some thought as to getting into Luthor's psyche. "I like Lex Luthor. I think he's misunderstood. He's a loveable, sweet man," Cranston says.

Should he sign up for yet another iconic hairless villain though — the film is set for release in the summer of 2015 and would likely shoot next year — at least one person might not be so thrilled: his wife. "She wasn't so keen on the bald head," Cranston admits. "The bald head ages a man. It's just that she didn't know me that way, and the last six years it's all of a sudden like sleeping with a stranger — who was less exciting than her own husband."

Bryan Cranston has already given some thought to playing Lex Luthor.
CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie ALL IMAGES GETTY

Bubble bubble toil and trouble: Jolie's such a witch

Angelina Jolie admits that on the set of Maleficent, she had the tendency to terrify children while in costume as the Sleeping Beauty baddie. "These little kids would visit the set and I would think, 'Oh, I am a Disney character,' so I would go over to them and say, 'Hi there!' They would just scream," she said while introducing footage from the film at Disney's D23 Expo over the weekend. "One little kid even said, 'Mommy, please make the mean witch stop talking to me.'" There was one little kid who wasn't fazed by Jolie's appearance: her daughter, who also has a part in the film. "Vivienne was the only four-year-old who didn't scream when she saw me," Jolie said.

The Word

Oh baby, it's been quite a week with the Kardashians

Just in case you needed to know what is up with America's favourite Armenian family, it looks like Kourtney Kardashian has some explaining to do. On Thursday, Michael Girgenti, a professional model, filed a paternity suit in Los Angeles County Superior Court, saying that he had a one-night stand with Kardashian. Which wouldn't be all that noteworthy, except he is saying her son Mason is actually his and not Scott Disick's. The model is now seeking joint custody of Mason. Kardashian's lawyer, Shawn Holley, said in a statement that Girgenti's accusations are "false and defamatory."

Meanwhile, sis Kim Kardashian is still refusing to sell pictures of baby North West. TMZ is reporting that she and baby daddy Kanye West have been offered upwards of $3 million for pictures of the tot, but they have declined all offers. Per the website, Kim and Kanye are either going to release them to an upscale publication (Vanity Fair is reportedly being thrown around) or they are going to put them up on social media, a la Blue Ivy.

Oprah Winfrey

Admirable Oprah stays classy in the face of blatant discrimination in Zurich

Even Oprah Winfrey isn't safe from discrimination, as she learned while shopping for a handbag in Zurich recently. Winfrey tells Entertainment Tonight that when she asked a clerk at the chic Trois Pommes boutique to see a $35,000 Tom Ford bag, the clerk refused. "She says to me, 'No. It's too expensive,'" Winfrey remembers. "'That one will cost too much and you will not be able to afford that.'" Winfrey, who earned an estimated $77 million in the last year, decided not to make a scene. "I could have had the big blowup thing and thrown down the (American Express) black card and all that stuff, but why do that?" she says. A spokeswoman for the boutique calls the episode "an absolute misunderstanding," saying the problem was the clerk did not recognize Winfrey.

Fun chores

Matching up missing socks

Our clothes dryer seems to be a Bermuda Triangle for socks and I'm sure yours is the same. They go in as a pair, but come out individually on different occasions.

When a sock comes out on its own, I throw it into a container.

Each time I do laundry and a new batch of one-sided socks come out, I make it into a fun matching game for the kids.

I have them go through all the new socks and the socks in the container to see if there are any matches. The kids have fun searching for matches and it always results in a few happy sock reunions!

GWEN LERON/YUMMYMUMMYCLUB.CA

Safety tips

Taking your children into crowds

If you are going into a crowded venue with young children, here are three easy safety steps you can always employ to ensure their safety — and your sanity.

1. Put your business card in the child's pocket.

2. With a marker, write your cellphone number on the back of the child's hand.

3. Take a photo of each child with your phone. Should you become separated from a child, it will be easier for you to be reconnected.

EVELYN HANNON/ YUMMYMUMMYCLUB.CA

Exclusively Online

Read comedic (mis)adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices

Life according to kids

Lessons. We could learn a lot from our children — like friendliness, curiosity and simply saying hello

TANYA ENBERG
yummymummyclub.ca

With a baby comes the old neighbourhood lady in the faded floral frock.

Sitting on our front porch bench is the only cue this woman needs to climb our stoop and, using a squeaky, high-pitched voice, repeatedly tell our child she loves him.

She also calls out an onslaught of orders (she wants him to shake her hand, wave, smile and clap). That he's not a circus monkey willing to perform tricks on demand only makes her press harder. "Shake my hand! Here! Here! Shake my hand!" she says over and over.

We don't know this woman. In fact, she barely acknowledges us, which makes this all more than just a little strange.

We suspect she's lonely, that this small interaction makes her day, so we're patient.

Adults, take notes from kids and smile at people you pass by instead of avoiding eye contact at all costs. ISTOCK

Of course this overzealous, baby-induced behaviour is not exclusive to her. Nothing turns presumably sane folks into big piles of goo-goo-ga-ga mush quite like fresh-faced, apple-cheeked babies.

Indeed they can inspire even the grouchiest of adults to start babbling nonsensically like oversized infants.

It's understandable — getting treated to a little squish's gummy grin is like being hugged inside and out.

It is somewhat addictive, really. We find them irresistible because they are refreshingly open to the world and fascinated by the people in it.

For instance, our son doesn't turn steely-faced when someone looks his direction. He doesn't try to avoid eye contact by sticking his nose in a giant picture book.

Like his very huggable peers, he's not cynical or greedy and he doesn't know how to lie. He is naturally warm and kind, and has boundless amounts of unbridled curiosity.

Parents, don't you just wish you could bottle this innocence, wonderment and untarnished state of being and hold onto it forever?

If only we could keep just some of that spirit alive.

The number of passersby willing to wave, giggle, coo and play peek-a-boo with unfamiliar children is astonishing, but the rate at which they close down the instant they see another grownup is depressing.

For a moment, like the creaky lady who lives up the street, they've made a connection. Then, just as quickly, they've hardened up, put on a coating of thick, impermeable skin, and set off again.

Certainly I am not suggesting we go around greeting everyone like overexcited puppies, but basic civility wouldn't be too much to ask for, would it?

We could simply acknowledge one another. Smile. Say hello.

We could learn a lot from these tiny, happy creatures that so easily draw us out of our protective shells.

After all, we were once just like them, smiling, laughing and loving fully. Living vivaciously and unselfconsciously and inquisitively.

And, finally, we were appreciative of the simple things in life, and that truly is no small thing.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

He's got those home from camp blues

How can parents help transition kids from exciting camp life back to the reality of home?

A welcome home party

When my son went to camp for the first time, he was greeted with "Welcome Home" signs, giddy siblings, neighbours, cousins and friends. We had his favourite meal ready for him and the kids had an evening in the pool. Coming home felt pretty darn good.

Plan activities

Don't let them come home and wallow in boredom. Remind them that being home is fun too and plan some fun family outings.

Support new interests

Maybe they learned a bit of guitar, enjoyed being in the camp play or discovered they had a flare for arts and crafts. Joc Palm, Director of Glen Bernard Camp suggests encouraging them to continue with these interests with local classes. Supporting their new camp interest at home is a positive step in helping with the transition home. Palm also suggests that campers contribute to a school or community project that embodies their camp's values. Camp has fostered an incredible appreciation of nature for my girls. As a result, they have been involved in projects and protests that make both them and their camp proud.

Pen pals

When my son comes home from Camp Ponacka, he is holding on tight to his "Rag Bag" — a journal given to all of the boys including email and snail mail addresses. Camp Director Anne Morawetz says encouraging the boys to keep in touch makes being away from their summer buddies a little less painful.

Social media

If your kids are on social media, they can stay connected with camp through Facebook and other channels. It is a great way for a child to keep that connected feeling to camp.

JULIE COLE/YUMMYMUMMYCLUB.CA

What's black and white and yummy all over? This dish

This Soy Maple Sesame Crusted Chicken dish serves four. COURTESY ROSE REISMAN

ROSE REISMAN
rosereisman.com

This is a simple and delicious trendy Asian chicken dish that goes well over soba noodles.

The sesame seed coating gives a crunchy texture to this meal. If you can find the black and white mixed sesame seeds, the appearance is enhanced.

Ingredients

- 1 egg
- 2 tbsp 2% milk
- 1 lb (500 g) boneless chicken breast
- 1/2 cup (125 ml) toasted sesame seeds
- pinch of salt and pepper

Soy maple glaze

- 1/4 cup (60 ml) soy sauce
- 1/4 cup (60 ml) maple syrup
- 2 tsp (10 ml) cornstarch

- 4 oz (125 g) soba noodles
- 2 tbsp (30 ml) chopped cilantro for garnish

1. Preheat the oven to 375 F (190 C). Line a baking sheet with foil sprayed with vegetable spray.

2. Combine egg and milk, dip chicken breast in wash, then in sesame seeds, and salt and pepper. Place on baking sheet and bake 15 minutes or until the temperature reaches 160 F (71 C). Let cool for 5 minutes.

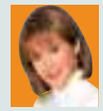
3. Boil soba noodles until just tender (about 5 minutes). Drain and place on serving dish. Place chicken overtop.

4. To make the soy maple glaze: Place soy sauce, maple syrup and cornstarch in a small saucepan and whisk until the cornstarch is dissolved. Bring to a boil and simmer for 2 minutes just until slightly thickened.

5. Drizzle glaze over chicken and garnish with cilantro.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Brunch is the quintessential weekend meal, but some staples are loaded with calories, fat and sodium.

Omelette, 4 sausages, hash browns, 2 biscuits, whipped butter

2,200 calories /140 g fat / 5,700 mg sodium

It has more than a day's calories, two days of fat and four days of sodium!

Equivalent

A plate of omelette, four sausages, hash browns, two biscuits and whipped butter is equivalent in sodium to four 235-gram bags of Ruffles Regular potato chips.

Omelette (ham-cheese) veggies, fruit, English muffin and bacon

900 calories / 61 g fat / 1,800 mg sodium

This choice is filling and more nutritious. Enjoy it on a weekend only.

Asian Noodle and Vegetable Salad makes greens exciting

1. Peel garlic and peel and grate gingerroot. In a blender, purée garlic, ginger, peanut butter, milk, soy sauce and hot pepper sauce until smooth. With motor running, drizzle vinegar through hole in lid until blended; let stand for 10 minutes.

Ingredients

- 1 small clove garlic
- 1 inch (2.5 cm) peeled and grated fresh gingerroot
- 2/3 cup (160 ml) peanut butter
- 1 cup (250 ml) milk
- 3 tbsp (45 ml) soy sauce
- 1/4 tsp (1 ml) hot pepper sauce
- 1/3 cup (80 ml) rice vinegar or cider vinegar
- 8 oz (250 g) thin rice noodles
- Boiling water
- 2 carrots, cut into matchsticks
- 1 red bell pepper, halved and cut into thin strips
- 1/2 English cucumber, thinly sliced
- 2 tbsp (30 ml) chopped fresh basil or fresh mint, or both
- Torn salad greens
- Chopped peanuts

This recipe serves six to eight people. CONTRIBUTED

2. In bowl, cover rice noodles with boiling water; let soak, stirring occasionally for 2 to 3 minutes or until softened, according to package instructions. Drain and rinse under cold water. Return to bowl.

3. Pour dressing over noodles and add carrots, red pepper, cucumber and basil; toss gently to coat. Line serving plates with greens and top with noodle salad. Drizzle with dressing left in bowl and garnish with peanuts.

DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)

Broccoli & Ham Salad

1. In a large bowl combine ham, broccoli, mandarin oranges, roasted pepper, blueberries, virgin olive oil, and fresh basil. Mix well. Drizzle lime juice over salad; season with salt and pepper to taste.

NEWS CANADA/ PILLERS.COM/SIMPLY-FREE

Ingredients

- 175 g pkg. Piller's Simply Free Smoked Black Forest Ham slices, diced
- 250 ml (1 cup) broccoli florets, sliced
- 325 ml (1 can) mandarin oranges, drained
- 125 ml (1/2 cup) roasted red pepper, sliced
- 125 ml (1/2 cup) fresh blueberries
- 60 ml (1/4 cup) extra virgin olive oil
- 125 ml (1/2 bunch) fresh basil, thinly chopped
- Juice of two limes
- Salt and pepper

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Earlier to rise means later to wise?

Drowsy at the desk. The debate about ideal school start times snoozes on as parents worry about an extra-curricular collision

Quinn Cooney of Mill Creek, Wash., is excited about starting high school in September, but she's not looking forward to waking up at 5:30 a.m. to arrive on time. Classes for ninth-graders start at 7:30 a.m., 45 minutes earlier than they did in middle school.

"I think it is going to be harder to get up," said Quinn, 13. "I do think it is better to start early so that we can be finished early and do things after school, but I am worried that if I have a boring class for my first period that it will be hard to stay awake."

Decades of sleep research have confirmed what parents know: It's hard for teenagers to wake up early. Some high schools have adopted late starts around 8:30 a.m. to improve attendance and performance. But other districts say it's too complicated to shift schedules because of logistics involving buses and after-school activities.

About 40 per cent of U.S. public high schools open before 8 a.m., according to the U.S. Department of Education's National Center for Education Statistics, with just 15 per cent starting 8:30 a.m. or later. In districts where early starts are necessary because the same bus does multiple runs for high school, middle school and elementary students, teens often get the early shift.

That's the case in Anne Arundel County, Md., where public high schools start at 7:17 a.m. and buses start running at 5:50 a.m. Lisa Rodvien taught high school there, in Annapolis, and says attendance at her first-period classes was "as low as 50 per cent or below."

Among those who showed up, "I would definitely see three or four kids with their heads down. You walk over to them to wake them up and get them to sit up, and you see that they're exhausted."

Studies have shown that young children are natural larks — up with the sun — while adolescents become more owl-like as puberty progresses. ISTOCK

Earlier this year, Anne Arundel school officials laid out options for delaying start times to anywhere from 7:32 a.m. to 9:45 a.m. along with potential complications, such as additional costs if buses are added, child care issues where late-day schedules might prevent teens from picking up younger siblings after school and implications for teams if they end up playing in the dark. Bob Mosier, spokesman for Anne Arundel schools, said no decisions have been made.

But the focus on logistics is frustrating for Heather Macintosh, spokeswoman for a national organization called Start School Later that's headquartered in Annapolis.

"What is the priority?" she said. "It should be education, health and safety. All the other stuff may not be perfect — you may have to have your violin lesson before school or install lights on your field (for sports) — but it will work itself out."

Megan Kuhfeld, a graduate student at the University of California-Los Angeles who's been studying late-start debates since she was an undergrad at Duke University in North Carolina, surveyed some 35 districts that switched to later starts and found most were glad they'd made the switch.

Not only did students benefit, for the most part, but "the things people had feared — how transportation would be affected, how sports would be affected — became the new normal and people adjusted," she said.

But Kuhfeld knows firsthand the pros and cons of late-start high schools, having attended one in Chapel Hill, N.C. "I enjoyed waking up later than everyone in the area next to me where there were early start times," she said. But as a member of the tennis team, she had to miss sixth and seventh period classes to compete at other schools. In junior and senior year, that meant classes had to be made up. "It was hard to balance everything," she said. "I'd get home at 8 p.m. and hadn't had dinner yet."

THE ASSOCIATED PRESS

It's about time

Still, advocates say several studies show the benefits of late start schools outweigh the drawbacks.

- In 1996, high school start times in Edina, Minn., changed from 7:20 a.m. to 8:30 a.m. The change improved attendance, decreased tardiness and left kids more alert, better prepared and even less depressed and less likely to visit school nurses, according to studies led by Kyla Wahlstrom, director of the Center for Applied Research and Educational Improvement at the University of Minnesota.

Sisters of success

Moving on up. It's still a struggle for women to win in the working world, but they're fighting a bold battle

ASHLEY MILNE-TYTE
TalentEgg.ca

Female entrepreneurship has always lagged behind men's — for decades, women couldn't even open a bank account without a husband or male relative co-signing — but women are making up for lost time. Between 1997 and 2013 the number of women-owned businesses leapt by 59 per cent. Today, according to American Express Open's annual report on female entrepreneurs, there are 8.6 million women-owned businesses in the U.S. Almost a third of firms are owned by women. And female entrepreneurship is undergoing a demographic shift: back in 1997, 17 per cent of firms were owned by women of colour. Today, that number is 31 per cent.

Julie Weeks of Womenable, a consultancy, says all this reflects women's growing educational accomplishments, experience in the workplace, and confidence. Still, entrepreneurship is far from an easy road.

"Only one in 10 or so adults in the U.S. owns their own business," she says. "It is a daunting thing to do. If you don't work, you don't get a paycheque. You have to have a certain iron gut to take that step and do it."

Although plenty of women have that iron gut, women-owned businesses bring in just four per cent of business revenues. In short, most women-owned firms stay small. Very small. Weeks spends a lot of time talking about how female-owned businesses can grow, employ others and help the economy. But she recognizes that many women want to be "solopreneurs" — to build their work around their schedules and to serve clients on their own terms.

ASHLEY MILNE-TYTE IS A RADIO PRODUCER AND JOURNALIST WHOSE PODCAST – THE BROAD EXPERIENCE – TAKES A LOOK AT WOMEN IN THE WORKPLACE

Minding your own business

When going out on your own for the first time, some rules apply:

- Be prepared to work hard — probably harder than you ever did in an organization. You are now responsible for landing all your own work. Many entrepreneurs need to be in perennial marketing mode to get that next gig.
- Make sure your online presence is up to scratch — that means having an attractive website that accurately describes what you do, and using social media on a regular basis. Depending on what you do, you may also want to start a blog. Have an opinion. You need to stand out amongst many competitors.

Warner charges onto decathlon podium

Damian Warner competes in the javelin throw during the decathlon at the World Athletics Championships in Moscow on Sunday. The London native moved into third following the javelin and held on to the position to capture a bronze medal. MATT DUNHAM/THE ASSOCIATED PRESS

World track and field championships.
London native captures bronze in Moscow

Damian Warner was in the mix for a decathlon medal after the first day of competition at the world track and field championships, but he thought he could do better.

It turns out he was right.

Warner put up a personal best score of 8,512 points Sunday to finish third in the decathlon and give Canada its first medal of the championships.

Warner was in fourth place after the first day of competition, and mounted a charge to the podium Sunday with personal bests in the pole vault and javelin.

"I said yesterday I wasn't happy with my first day, said I was going to come out swinging today and that's what I did," Warner said. "I stuck with it, I was motivated to get on the podium and I just let that carry me through the events."

Warner moved into medal position in the javelin throw, the ninth event of the decathlon. His throw of 64.67 metres gave him 808 points and moved him ahead of Germany's Rico Freimuth.

He clinched the bronze with a 10th-place finish in the 1,500 metres, giving him a total of 8,512 points over the two-day, 10-discipline event.

It's the first major medal for the native of London, who placed fifth in the event at the 2012 London Olympics.

Canada's last world championship decathlon medal was bronze by Michael Smith in 1995.

World-record holder Ashton Eaton of the United States won gold with 8,809 points, while Germany's Michael Schrader was second with 8,670.

Warner opened the second day of the decathlon with a time of 13.96 seconds in the 110-metre hurdles to score 980 points.

In the discus he recorded a seasonal best of 44.13 metres to score 749 points, then leaped to a personal best of 4.80 metres in the pole vault for 849 points.

"This is such a great feeling, all the hard work my coaches and I put into this the last couple of years," he said. "In 2011 I finished 18th, saw the three medallists running around the track with their country's flags draped over their shoulders. I told my coaches that I want that to be me; pretty special feeling to achieve that." THE CANADIAN PRESS

Back on top of the world

Usain Bolt restored order to the world of sprinting by reclaiming the 100-metre world championship gold he lost through a false start in South Korea two years ago.

- His winning time was 9.77 seconds, .19 slower than his world record.

Londoner Mr. Clutch for Canadian U18s

The stage was set for Spencer Watson, and he did what he usually does.

This time it was the world stage — the Ivan Hlinka under-18 world hockey tournament in Piestany, Slovakia — and it was merely the gold-medal game.

Watson, 17, of London had three assists as Canada blanked the United States 4-0 on to win its sixth straight title in the tournament. Watson completed the tournament as the overall scoring leader with four goals and six assists. And throw in a shoot-out goal for good measure.

"When you need him the most, he always puts the points up," London Knights assistant general manager Rob Simpson said Sunday, the day after the tourney ended.

Simpson has some direct knowledge on the matter as he coached Watson on the London minor midgets before he headed off to Kingston last season to join the Frontenacs, where the right-winger had 23 goals and 20 assists in 63 games.

Watson, for his part, was thrilled with the tournament's outcome.

"It was awesome. It was everything you dream about when representing your country," Watson told Metro minutes after he stepped off the plane at a Toronto airport.

He was just one Londoner who played a key role in the tournament outcome.

Knights head coach Dale Hunter was making his first appearance working for Hockey Canada, and he did what he usually does: win. Younger brother Mark Hunter was the general manager and the same can be said about the Knights GM.

Centre Jared McCann, also a Londoner, was also on the team as well as defenceman Roland McKeown of Listowel.

DAVE LANGFORD/METRO

Congrats on a job well done

A sampling of tweets to Spencer Watson after Saturday's win. You can follow him at @swatty96.

- **@Rick_A:** Congrats Spencer, proud of ya! From your old pee wee coach Rick.
- **@GoodDalton:** Congrats Spencer on a great tourney and coming out on top! Good job on representing Canada and London!
- **@paigymartin:** Congrats to my best friend @swatty96 for bringing home the gold with Team Canada!

4 SPORTS

Rafael Nadal celebrates his victory over Canadian Milos Raonic during the Rogers Cup final on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Nadal extends Canadian drought

Men's Rogers Cup. Spaniard defeats Ontario native Raonic, who is now ranked 10th in the world

Milos Raonic called it a learning experience.

It certainly wasn't the victory party the Uniprix Stadium crowd was hoping for as Rafael Nadal took only one hour eight minutes to down Canada's top tennis player 6-2, 6-2 in the $3.49 million US Rogers Cup final on Sunday.

But it had taken 55 years for a Canadian just to get to the final of the country's biggest tournament, so Raonic had much to celebrate despite the defeat.

For one, by reaching the final he will be ranked 10th in the world when the next rankings appear Monday morning, making him the first Canadian to crack the top 10. He will be the youngest player in the top 10 as well.

"The tournament overall was a great thing," the 22-year-old from Thornhill, Ont., said. "There were a lot of situations that I'm very happy with the way I dealt with them, and there were a lot of learning experiences through it all.

Ascending the ranks

"With his serve, his chance to be in the top 10 for a long time is very good."

Rafael Nadal on the booming serve and bright future of young Canadian Milos Raonic.

"A lot of stepping stones that I need to do in my career happened this week, so that's great. The match, obviously I'm a little disappointed with myself. I would have hoped to deal with that situation a little bit better."

The last Canadian to reach the final of what was then called the Canadian Open, the now 81-year-old Robert Bedard of Sherbrooke, Que., was among the more than 11,000 at centre court to see the power-serving Raonic meticulously taken apart by Nadal's service returns and brilliant baseline play.

THE CANADIAN PRESS

Serena Williams celebrates a point at the Rogers Cup final in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

Williams coasts to Rogers title

Serena Williams insists it's not as easy as it looks.

The top-seeded American breezed to her third Rogers Cup title with a 6-2, 6-0 victory over unseeded Romanian Sorana Cirstea in Sunday's final, giving Williams her eighth WTA title of the year and 54th of her career.

She didn't drop a set all week at the $2.369-million tournament and lost only 22 games, almost half of which came against third seed Agnieszka Radwanska in a semifinal match that proved to be the only real test for the world No. 1 in Toronto.

With the absence of top-five players Maria Sharapova and Victoria Azarenka, and the early exit of Wimbledon champ Marion Bartoli, all due to injury, Williams's path to the title was made considerably less obstructed. But with expectation comes pressure, and Williams proved more than up to the task.

"No tournament is ever easy," said Williams. "The tournament starts and they expect you to win. And the tournament is like, 'You're going to be in the final and after your semifinal I want you to do this, and you have to do this and this press.' Who knows if I'll even make it to the semifinals?

"It's a lot of pressure. It's not easy." THE CANADIAN PRESS

Golf. Duf man walks away with the biggest cup at PGA Championship

Jason Dufner has won his first major title with a two-stroke victory over Jim Furyk at the PGA Championship.

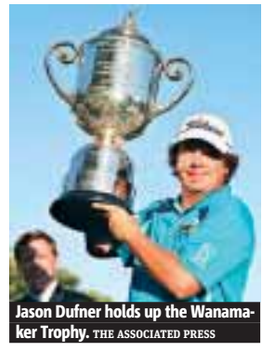
Dufner bogeyed the final two holes Sunday for a 2-under 68 that was good enough to hold off the 2003 U.S. Open champion. The winning score was 10-under 270.

Henrik Stenson finished three shots back.

Dufner made up for the heartache of the 2011 PGA, when he went to the 15th tee with a four-stroke lead in Atlanta. He dunked that shot in the water, squandered the advantage and lost to Keegan Bradley in a playoff.

There was no such collapse on another warm, sunny day at Oak Hill.

Furyk went into the final round with a one-shot lead, and it looked as if this might be his day when he rolled in a 40-footer across the sixth green for a birdie. But Dufner seized control just before the turn.



Jason Dufner holds up the Wanamaker Trophy. THE ASSOCIATED PRESS

Phil Mickelson wasn't a factor at Oak Hill, shooting a 72 to finish 12 over. Tiger Woods was an also-ran, as well, wrapping up his fifth straight year without a major title.

THE ASSOCIATED PRESS

NASCAR. Busch holds off Keselowski on final lap to earn Watkins Glen win

There was no slipup on the final lap this time, so Kyle Busch's victory celebration at Watkins Glen International was as sweet as it gets.

Bumped aside a year ago by Brad Keselowski on the final lap as they sped around an oil-covered track, Busch held the reigning Sprint Cup champion at bay on a two-lap dash to the checkered flag Sunday.

Busch kept his foot on the accelerator a tad longer than usual during his post-race burnout, even sticking half his body out the window while smoke swirled all around and the tires kept churning.

Redemption

"I was just trying to take it all in and figure it all out. The last couple of years here have been tough ..."

Kyle Busch on his win at Watkins Glen International after some disappointing finishes.

"A big sigh of relief, just a deep breath. Whew!" said Busch, who also was victimized two years ago while leading on a green-white-checkered finish and finished third.

THE ASSOCIATED PRESS

MLB

Gardner carries Yanks to series win

Brett Gardner homered with two outs in the ninth inning to give the New York Yankees a 5-4 victory over the Detroit Tigers on Sunday for their first series win in more than a month.

Mariano Rivera blew both save chances in the series, but was bailed out by Gardner, who provided the winning hit each time.

THE ASSOCIATED PRESS

MLB

Bad-news bullpen buries Blue Jays

R.A. Dickey couldn't keep the baseball in the yard again, but ultimately the Toronto Blue Jays were done in by a faltering bullpen.

After a respectable outing from Dickey, an eighth-inning implosion by veteran reliever Darren Oliver was enough to cost the Blue Jays in a 6-4 loss to the Oakland Athletics on Sunday afternoon at Rogers Centre. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
It can, of course, be fun taking life a day at a time but the more you look ahead and visualize where you are going the more likely it is your dreams will come true

♉ Taurus
April 21 - May 21
Make an effort to co-operate with people today, even though some of the idiots – sorry, associates – you have to deal with are annoying in the extreme.

♊ Gemini
May 22 - June 21
Keep your senses on full alert today and you could see or hear something that benefits you in surprising ways. It does not matter what the source happens to be, just make sure you are the first to react – and act.

♋ Cancer
June 22 - July 23
Greet the week with a song in your heart and a smile on your face and don't let anyone upset you in any way.

♌ Leo
July 24 - Aug. 23
Don't keep your ideas to yourself – make sure everyone knows what is buzzing around that big brain of yours. Someone in a position of power may like one of your ideas to such an extent that he backs it with money.

♍ Virgo
Aug. 24 - Sept. 23
You will enjoy being put to the test over the next seven days. It gives you the chance to show what you can do – and you can do plenty. If ever there was a time to impress important people, that time is now.

♎ Libra
Sept. 24 - Oct. 23
You may be wondering if you are smart enough to compete with people who are more experienced than you. You won't know until you try but the planets indicate you'll do okay.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are stuck behind a desk or in some other way forced to stay in one place you can imagine where you would like to be – and will be before long if you have anything to do with it. Never stop dreaming.

♐ Sagittarius
Nov. 23 - Dec. 21
Get-rich-quick schemes are rarely a good idea, so maybe you should think twice, if not three times, before signing up to something you cannot know for sure will be a success.

♑ Capricorn
Dec. 22 - Jan. 20
All may seem well with your world at the moment but don't lose sight of the fact that you have an important issue to take care of before the week ahead is done.

♒ Aquarius
Jan. 21 - Feb. 19
When dealing with people, one-to-one or in groups, focus on what you have in common rather than what divides you.

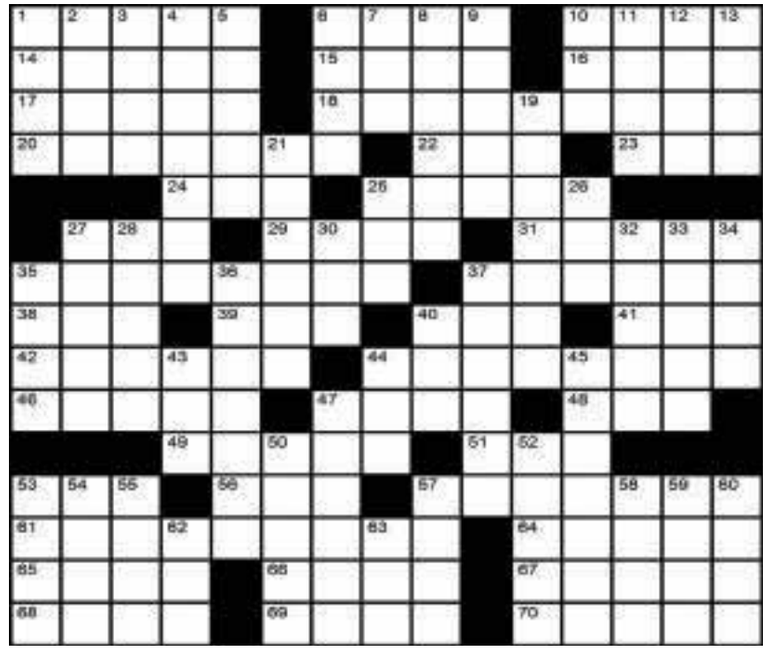
♓ Pisces
Feb. 20 - March 20
You will find it easy to express your affection for, well, just about everyone today. It's because you can see a bit of good in each and every individual. The world would be a better place if there were more people like you in it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. __ Bay, NS
6. Butterfingers reaction!
10. Vocalist variety
14. Input username/password info: 2 wds.
15. Uncommon
16. Riviere-du-__, QC
17. For everyone to hear
18. Laurentians resort, Mont-__
20. Fridge door decorations
22. The Company org.
23. "__ Boot" (1981)
24. Three, in Italy
25. Finicky
27. Train co.
29. Horse gait
31. Somewhat
35. Car company
37. Glum
38. 1965 hit for The Miracles: "__ Baby Baby"
39. "Ho __" by The Lumineers
40. Banqueted
41. Tony Orlando's tree
42. Actress Laura
44. Common indoor nuisance
46. Apprehension
47. Had in hand
48. Cadillac _ _ _
49. Instrument on The Beatles' "Norwegian Wood"
51. Suffix with 'Capital'
53. Watering hole
56. Small batteries
57. David's formidable opponent
61. Group of Seven painter, _.__ __ (b.1882 - d.1974)
64. Accustom or harden
65. Prep the present, with It
66. Betty White's "Hot in Cleveland" role
67. "Me and Bobby __" by Janis Joplin
68. Call from the supermarket counter...
69. Reservations spot
70. Get the tea ready

Down
1. '70s music genre, __ Rock
2. The Kinks hit
3. Excited
4. Canada, for one
5. Bitter-__ (Diehard)
6. Supper scraps
7. Propel the canoe
8. Chopped ahead of time
9. 18-wheelers
10. Totally
11. Bunch of clothes in the washing machine
12. Salmon alternative
13. Selects
19. Channel-Port aux __, Newfoundland
21. Tea bags brand
25. Not against
26. Actor Mr. Brynner
27. Church singing group
28. Likely to
30. Singer, Lana Del __
32. Upward
33. Sigils
34. Like the pen's blue stuff
35. Frigid
36. New Brunswick town, 'The Lobster Capital of the World'
37. Dancer's rehearsal spot
40. ISP, e.g.
43. "If I Ruled the World" rapper
44. Not him
45. Dodo Bird's status
47. Inconvenience
50. Marvin Gaye/Kim Weston duet: "It __ Two"
52. Slenderizes
53. Like the carpenter's wood
54. Funeral rite sight
55. Town that's east of Toronto
57. Pesky bug
58. Eye: German
59. Tire swing supporter
60. Uriah __, Charles Dickens character
62. Appropriate
63. Cheese from Quebec

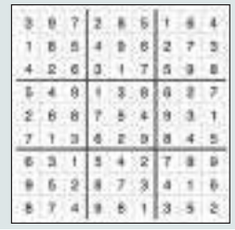
Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5		4			8	
	7	6		8				
3		8			6			
	8	1						7
	9		5		7		4	
4						5	2	
			8			1		2
				3		9	6	
	3			9		7		

Friday's Sudoku



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